



Developing a Personal Fitness Plan:

Fitness: It's a much-confused term. To some, it means being trim or muscular. But total fitness is more than that-it means keeping your body in top working order. A total physical fitness plan includes three types of exercise-aerobic (which exercise large muscle groups and increase your body's ability to use oxygen), stretching exercises (which improve muscle flexibility and joint mobility) and resistance exercises (which increase muscle strength).

Aerobic: The Surgeon General has determined that lack of physical activity is detrimental to your health and recommends moderate activity: 150 calories per day or 1000 calories per week. The American College of Sports Medicine suggests all adults should engage in 30 minutes or more of moderately intense physical activity daily. This level of activity corresponds to 200 kcals a day. Children and adolescents are recommended to engage in at least 60 minutes of physical activity on most, and preferably all, days of the week.

Stretching for Flexibility: Stiff, weak muscle can limit movement, increase your risk of injury, fail to support the rest of your body and make it hard to maintain a vigorous activity long enough to reach your THR (target heart rate). Stretching exercises improve muscle flexibility and joint mobility when stretch is comfortably held for 10 to 30 seconds without bouncing. (Performed daily)

Resistance Exercise: Muscles not only support all bones in the body, they make even routine physical activities possible, not to mention sudden or strenuous ones. Strengthening muscles strengthens joints and reduces the risk of osteoporosis. (Performed 2 to 3 days a week)

